

TOGETHER WE CAN DO SO MUCH

March Newsletter



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARRISON FAMILY YMCA

1000 Independence Drive Rocky Mount, NC

252-972-9622

www.harrisonfamilyY.org | Stay Connected



DID YOU KNOW?

We encourage change makers. Young people have the power and potential to change the world. You can support young change makers in our community and around the globe by encouraging them to **Volunteer**: Volunteering is an excellent way to create positive change, **Be A Leader**: The Y connects young people to their potential through programs and clubs, **Connect Globally**: A global perspective is critical for lasting change.



2020 Annual Campaign Kickoff Event | Thursday, March 12th from 8:00 – 9:00 a.m.
Located at Books & Beans on 1147 Falls Road

Come out to our Campaign Kickoff at Books and Beans this year! This will be a chance to enjoy Books & Beans' coffee, bagels, and pastries; hear a compelling Y impact story and important messages from our CEO and Campaign Leadership; and participate in networking, fellowship, and an opportunity for Y donations. We will also have a guest speaker, Etaf Rum, author of "A Woman is No Man", Owner of Books & Beans, and YMCA Advocate! **Register for FREE on our website before all tickets are gone.**



BUNNY & BAGELS

Spring Family Easter Event | Saturday, March 28th from 9:00 – 11:00 a.m.
Located on the Y Soccer Field

Come out to our Easter Themed Event and have a good time with your family! Instead of our standard Easter Egg Hunt for kids, this year we are switching things up to focus more on family bonding.

Activities will include the following:

- Easter Eggs Decorating
- A Light Breakfast (bagels, muffins, coffee, etc.)
- Easter Crafts
- The Easter Bunny

Early Registration Fees (Register by Mar. 21st)

Kids ages 2 & under: Free

Kids ages 3 & up: \$3 per child for Y Members & \$6 per child for community members

Late Registration Fees (Register by Mar. 22nd – 27th)

Kids ages 2 & under: Free

Kids ages 3 & up: \$5 per child for Y Members & \$8 per child for community members



BETTER BLENDS

Juice & Smoothie Bar

We are excited to announce that the new Juice & Smoothie Bar, Better Blends, will be serving smoothies in our cafe area starting this month. March 1st will be their trail run from 1:00 – 5:00 p.m. and their normal hours of operation will be Monday – Friday from 5:00 – 8:00 a.m.



INFO TO KNOW

FACILITY RENOVATIONS

We will be operating a partial and full facility shut down for renovations and needed maintenance, making your experience at the Y even better.

MAY 4th – 10th | Pool Deck & Gym Courts Closed Only

MAY 11th – 18th | All Areas Closed, except Before and After School Care

NEW GROUP EXERCISE CLASS

Starting March 10th we will have Zumba/MixedFit on Tuesdays from 6:40 – 7:40 p.m.! This class will include both traditional Latin-inspired dance cardio and dance cardio with radio hits.

LOYAL MEMBERS!

Congratulations! We appreciate your membership and hope that you will share your story of how the Y has impacted your life by emailing marketing@rmyymca.org. Pick up your prize at the front desk!

2-5 YEARS: NANCI-BETH ROUTHIER

6-10 YEARS: WILLIAM SILVER

11-20 YEARS: SHAMICA ARRINGTON

21-30 YEARS: RONEY HARRIS

CEO MESSAGE

"As the Spring season starts this month, so does are Annual Campaign Season. During this time we like to focus on the education and awareness of our campaign. I encourage you to come out to our Coffee and Community Campaign Kickoff at Books and Beans on March 12th. There you will learn all about our campaign, hear an impactful Y story, and hear from a special guest speaker. I also encourage families to attend our Spring Family Easter Event as we will be focusing more on quality family bonding. We are looking forward to seeing you all at these upcoming community events."



IMAGINE AN END TO DIABETES

Diabetes Awareness Program



This program is an extension of the free Diabetes Educational Series that is offered by the Health Department at the YMCA quarterly throughout the year. Classes are now offered on the 2nd Monday of each month with focused topics, incentives for exercise, and guest speakers. Register for this month's class and learn healthy recipes to control diabetes and still enjoy what you are eating. **March 9th, 5:30 – 7:00 p.m. at the Y.**



SIMPLE, DELICIOUS, AND SATISFYING

Med Instead of Meds Series March 24th – April 28th



Learn Med tips, life hacks, and recipes that will help you eat the Mediterranean Way every day. Located at the Y. Classes will be held weekly on Tuesdays from 6:00-7:00pm.

TAKE A STAND

Lifeguard Training



These courses teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes First Aid, AED training, and CPR for the professional rescuer. After successful completion of the course, the individual will be a certified lifeguard. **Complete Course: March 16th – 19th & 23rd – 26th**
Re-Certification Course: Saturday, March 21st



NO SCHOOL? NO PROBLEM!

School Break Camp | March 16th

The Y offers School Break Camp when Nash-Rocky Mount Public Schools are out for teacher workdays and holidays. Activities each day will include swimming, games, arts & crafts, and more! Breakfast, lunch, and a snack will be provided to all registrants. **Must register by March 11th or a late fee will apply.**



SUPERHERO EXTREME GAMES

Parents' Night Out Friday, Mar. 13th | 5:30-8 p.m.

In this Parents' Night Out, get ready for a night full of fun challenges. We will have various games, that are so hard only a superhero could do it! **Registration is required by Thursday, March 12th.**

DEVELOP, GROW, PLAY

Tots Spring Variety Sports March 24th – April 30th



The Tots Play Program is a sports instructional program that is created specifically for all children ages two to four years old. Each weekly lesson is designed with age-appropriate skill level and developmental growth. Now offered on Mondays, Tuesdays, or Thursdays from 5:30-6:30 p.m. **Registration is required by March 10th.**



BEST SUMMER EVER!

2020 Summer Day Camp | May 26th – August 21st

It's time to start preparing for summer camp! Sign up early and reserve your child's spot before it's too late. Camp will have weekly themes, a variety of activities, huddle groups, field trips, and more!
Mondays – Fridays | 6:30 a.m. – 6:00 p.m.
YMCA Members: \$135/week
Community Members: \$150/week
**3 day drop in options available*

CAUSE-DRIVEN LEADER

Kay Hofman | Member Services Representative

"I have worked at the Y for 6 months. To me being a cause-driven leader means always making Y members feel welcomed. An example of how my role is cause-driven is talking with members and hearing their success stories of how the Y has affected their lives. My favorite thing about working at the Y is being able to interact with different people and my favorite thing to do at the Y is walking upstairs on the track. A fun fact about me is, I retired after 37 years of teaching elementary school children in New York and North Carolina. I can also play the saxophone and piano. My favorite hobbies are reading, cooking, and creating recipes."



IMPACT STORY

Susan Clegg "Just the other day memory on Facebook popped up and showed that 2 years ago "My Y Story" was hanging up in the hallway at the Y and now I think it is time to update it! I LOVE coming to the Y almost every day after work. It's my place to unwind from a hectic day. There are young and old, big and small, all shapes, and all colors, but everyone gets along. There are no judgments and I feel very safe at the Y. I started going to the Y to prevent a knee replacement operation and it worked for 2 years! I did Coach Approach, told the coach what I needed to fix, we worked out an exercise plan for me, and I stuck to it. But a cancer operation set me back, physically and financially. I called the Y and was able to put my membership on hold, saving me that monthly expense as I was told by my doctor I could not do any physical activities that would increase blood flow. Because I quit my daily routine overtime my arthritic knee began to deteriorate. I was now walking with a cane and in incredible pain. On March 5, 2019, I had a total knee replacement. I was released from Physical Therapy but told I needed to continue with daily exercise so back to the Y I went. Being so stressed out with all my medical bills I can't tell you what a relief it was to get financial assistance from the Y for my monthly membership. Today I am happy to say persistence has paid off. I have never been in such great shape. I had to do a health assessment for my insurance and its the 1st time in 10 years I scored a 97%. All my numbers are good, my new knee is such a blessing. Thanks to the YMCA for being there for me!"

